

Level 1 Vault - Specific Deductions

Stretch Jump onto min of 16" of matting - (Value - 5.00)

B. Eberhardt
7/5/2021

General Faults

| | |
|--|------------------|
| Balk #1: run approach w/o coming to rest/support on top of the mat stack | No Deduction |
| Balk #2 or Balk #3 | Void |
| Coach standing between board and mat stack | No Deduction |
| Fall after spotting assistance (<i>additional deduction</i>) | <u>0.50</u> |
| Insufficient dynamics (<i>speed/power</i>) | ^0.30 |
| Spotting assistance on landing straight jump | <u>0.50</u> |
| Spotting assistance on straight jump | <u>2.00</u> |
| Use of alternative springboard (<i>trampoline-like/junior board</i>) | No Deduction |
| Vaults without signal from the Chief Judge - CJ deducts from average of next completed vault | (CJ) <u>0.50</u> |

Run and Board Contact

| | |
|---|-------------------|
| Additional jumps on the board (<i>double bouncing</i>) | each <u>0.30</u> |
| Excessive forward lean of body on board contact | ^0.30 |
| Failure to maintain horizontal running speed to the board (<i>i.e. gymnast stutter steps before the board</i>) | ^0.30 |
| Runs onto the board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts other than feet first | <u>5.00</u> /Void |

Stretch jump from Board to Mat

| | |
|--|-------------|
| Deviation from a straight direction (<i>determined by initial contact with the mat</i>) | ^0.30 |
| Failure to land in demi-plié with control and proper body position | ^0.50 |
| Failure to maintain neutral head position | ^0.30 |
| Failure to maintain stretched body position during jump - Arched | ^0.30 |
| Failure to maintain stretched body position during jump - Piked | ^0.50 |
| Fall (<i>onto hands, knees &/or hips</i>) after landing stretch jump onto feet first | <u>0.50</u> |
| Incorrect foot form (<i>flexed/sickled</i>) | ^0.10 |
| Lack of height on stretch jump | ^0.50 |
| Legs bent | ^0.30 |
| Legs separated | ^0.20 |

Handstand, Fall to Straight - Lying Position - (Value - 5.00)

| <i>General Faults</i> | |
|---|-------------------|
| Extra kick up to handstand | each <u>0.50</u> |
| Performing incorrect element (<i>i.e. forward roll</i>) | <u>5.00</u> /Void |
| Spotting assistance of coach after gymnast achieves hand support on the mat stack | <u>2.00</u> |
| <i>Approach</i> | |
| Failure to keep ears covered by arms when moving into the handstand | [^] 0.20 |
| <i>Handstand</i> | |
| Additional hand placements (<i>taking steps/hops on hands</i>) (max <u>0.30</u>) | ea 0.10 |
| Arms bent | [^] 0.50 |
| Failure to maintain neutral head position | [^] 0.30 |
| Failure to maintain stretched body position in Handstand - Arched | [^] 0.30 |
| Failure to maintain stretched body position in Handstand - Piked | [^] 0.50 |
| Incorrect foot form (<i>flexed/sickled</i>) | [^] 0.10 |
| Incorrect shoulder alignment (<i>showing a shoulder angle less than 180°</i>) | [^] 0.30 |
| Legs bent | [^] 0.30 |
| Legs separated | [^] 0.20 |
| <i>Landing</i> | |
| Failure to land in a straight-lying position on the back - <i>Examples for applying this deduction:</i> | [^] 1.00 |
| * Gymnast lands on her feet and steps off the mat | <u>1.00</u> |
| * Gymnast lands on her seat with a 90° hip angle and steps off the mat | <u>0.50</u> |
| * Gymnast lands on her back with an arch and bent legs and steps off the mat | <u>0.50</u> |
| * Gymnast makes any of the above execution errors, then lies back to a straight lying position: <i>*Execution deductions may be applied for the errors, while the gymnast is falling to her back (post-handstand phase)</i> <i>*Evaluation finishes when the gymnast arrives in a straight-lying position</i> | No Deduction |

Level 2 Vault - Specific Deductions

Jump to Handstand onto raised mat surface (min 16") ;

B. Eberhardt
8/16/2021

Fall to Straight-lying position on the back

General Faults

| | |
|--|----------------|
| Assistance of coach after gymnast achieves hand support on the mat stack | <u>2.00</u> |
| Assistance of coach from board to mat stack | Void |
| Balk #1: run approach w/o coming to rest/support on top of the mat stack | No Deduction |
| Balk #2 or Balk #3 | Void |
| Coach standing between board & mat stack or leaning against mat stack | No Deduction |
| Failure to maintain neutral head position | ea phase ^0.10 |
| Failure to maintain stretched body postion *Arch | ea phase ^0.30 |
| Failure to maintain stretched body postion *Pike | ea phase ^0.50 |
| Gymnast never achieves vertical and returns to the board/floor or lands on the mat stack between the board and hand placement (<i>Considered an "Incorrect vault"</i>) | Void |
| Incorrect foot form (<i>flexed/sickled</i>) | ea phase ^0.10 |
| Insufficient dynamics (<i>speed/power</i>) | ^0.30 |
| Legs bent | ea phase ^0.30 |
| Legs separated | ea phase ^0.20 |
| Performing incorrect vault (<i>i.e., squat on, etc.</i>) | Void |
| Runs onto the board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts other than back. | Void |
| Use of alternative springboard (<i>trampoline-like/junior board</i>) | No Deduction |
| Vaults without signal from the Chief Judge: Chief Judge deducts from average of next completed vault | (CJ) 0.50 |

Run and Board Contact

| | |
|--|------------------|
| Additional jumps on the board (<i>double bouncing</i>) | each <u>0.30</u> |
| Excessive forward lean of body on board contact | ^0.30 |
| Failure to maintain horizontal running speed to the board (<i>i.e. gymnast stutter steps before the board</i>) | ^0.30 |
| Insufficient acceleration during the run (<i>ability to obtain maximum speed</i>) | ^0.30 |
| Runs onto the board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts other than back. | Void |

First Flight

See General Faults

Deviation from a straight direction (*determined by initial contact with the mat*)

^0.30

Support Phase

Additional hand placements (*taking steps/hops on hands*) Max 0.30

each 0.10

Arms bent in support

^0.50

Completely bent arms causing head to contact mat stack (*includes 0.50 deduction for extreme arm bend*)

2.00

Support Phase

Contacting the mat stack with the hands after vertical:

^1.00

* Contact 1°- 45° past vertical 0.05-0.50

* Contact 1°- 45° past vertical 0.05-0.50

Failure to contact mat with both hands (*performs a salto or touches mat stack with only one hand*)

3.00

Failure to place hands in the prescribed landing zone

(*Landing zone = between the edge of the mat stack and the tape line*)

* Both hands land beyond the tape line

0.50

* Staggered hand placement: one inside zone, one over the line

0.20

Failure to show an inverted vertical position from hands to hips (*performing a forward rolling action*)

^2.00

Incorrect shoulder alignment (*showing a shoulder angle less than 180°*)

^0.30

Landing

Failure to land in a straight-lying position on the back - *Examples for applying this deduction:*

^1.00

* Gymnast lands on her feet and steps off the mat

1.00

* Gymnast lands on her seat with a 90° hip angle and steps off the mat

0.50

* Gymnast lands on her back with an arch and bent legs and steps off the mat

0.50

* Gymnast makes any of the above execution errors, then lies back to a straight lying position:

No Deduction

**Execution deductions may be applied for the errors, while the*

gymnast is falling to her back (post-handstand phase)

**Evaluation finishes when the gymnast arrives in a straight-lying position*

Level 3 Vault - Specific Deductions

Handspring over a raised mat surface (min 32")

B. Eberhardt
7/5/2021

General Faults

| | |
|--|----------------|
| Assistance of coach (<i>First Flight Phase, Support Phase, or Second Flight Phase</i>) | <u>2.00</u> |
| Balk #1: run approach w/o coming to rest/support on top of the mat stack | No Deduction |
| Balk #2 or Balk #3 | Void |
| Coach standing between board & mat stack or leaning on mat stack | No Deduction |
| Deviation from a straight direction | ^0.30 |
| Failure to maintain neutral head position | ea phase ^0.10 |
| Failure to maintain stretched body position * Arch | ea phase ^0.30 |
| Failure to maintain stretched body position * Pike | ea phase ^0.50 |
| Gymnast never achieves vertical and returns to the board/floor or lands on the mat stack between the board and hand placement (<i>Considered an "Incorrect vault"</i>) | Void |
| Incorrect foot form (<i>flexed/sickled</i>) | ea phase ^0.10 |
| Insufficient dynamics (<i>speed/power</i>) | ^0.30 |
| Legs bent | ea phase ^0.30 |
| Legs separated | ea phase ^0.20 |
| Performing incorrect vault (<i>i.e., squat on, etc.</i>) | Void |
| Runs onto the board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts | Void |
| Use of alternative springboard (<i>trampoline-like/junior board</i>) | Void |
| Vaults without signal from the Chief Judge: Chief Judge deducts from average of next completed vault | (CJ) 0.50 |

First Flight Phase - See General Faults

Support Phase

| | |
|---|--|
| Additional hand placements (<i>taking steps/hops on hands</i>) (max <u>0.30</u>) | ea 0.10 |
| Alternate repulsion from hands | ^0.20 |
| Arms bent in support | ^0.50 |
| Contacting the mat stack with the hands after vertical | ^1.00 |
| *1°- 45° past vertical..... 0.05-0.50 | *46°- 89° past vertical..... 0.55-1.00 |
| Head contacting the mat stack in Support Phase (<i>includes <u>0.50</u> deduction for extreme arm bend</i>) | <u>2.00</u> |
| Incorrect shoulder alignment (<i>showing a shoulder angle less than 180°</i>) | ^0.20 |

Support Phase (continued)

| | |
|---|------------------|
| No hand contact on the mat stack | Void |
| Staggered/alternate hand placement | ^0.10 |
| Too long in support | ^0.50 |
| Touch with only one hand on the vault table; Chief Judge deduction, if at least 1/2 of panel sees only one hand | (CJ) <u>1.00</u> |

Second Flight Phase

| | |
|--|--------------|
| Brush or hit of body on far end of mat stack | <u>0.20</u> |
| Insufficient height | No Deduction |
| Insufficient length | No Deduction |

Landing

No deduction for feet a max of hip-width apart if heels join on controlled extension

| | |
|---|------------------------------|
| Additional deduction for fall after assistance by coach | <u>0.50</u> |
| Additional trunk movements to maintain balance | ^0.20 |
| Arm swing(s) to maintain balance | ^0.10 |
| Assistance on landing | <u>0.50</u> |
| Failure to land on any part of the bottom of the feet first (<i>includes the fall</i>) | <u>2.00</u> |
| Fall against the mat stack | <u>0.50</u> |
| Fall on mat to knee(s) or hips | <u>0.50</u> |
| If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step | ^0.10 |
| Incorrect body posture on landing | ^0.20 |
| Landing in a sitting, lying or standing position on top of the vault table after passing through the vertical plane (<i>handstand</i>) (<i>Fall on apparatus</i>) | <u>0.50 + 2.00</u> = 2.50 |
| *Lands with feet further than hip-width apart | <u>0.10</u> |
| *Lands with feet hip-width apart or closer & never join feet (heels) | <u>0.05</u> |
| * <i>If upon landing with the feet apart/staggered the gymnast takes a step(s), deduct only for the step(s).</i> | |
| Large step or jump (<i>approximately 3 feet or more</i>) (max 0.40) | ea <u>0.20</u> |
| Slight brush/touch of 1 or 2 hands on mat (<i>no support</i>) | ^0.30 |
| Slight hop, small adjustments of feet or *staggered feet | ^0.10 |
| Squat on landing (<i>hips even with or lower than knees</i>) | ^0.30 |
| Steps (max 0.40) | ea <u>0.10</u> |
| Support on mat with 1 or 2 hands | <u>0.50</u> |

Level 1 Bars - Specific Deductions

B.Eberhardt
6/18/2021

Mount: Back Hip Pullover (0.60)

| | |
|---|----------------|
| Failure to finish in extended front support | ^0.10 |
| Failure to lift both legs simultaneously (<i>1-foot take off</i>) | <u>0.30</u> |
| Step, hop, or extra jump before the back hip pullover | ea <u>0.10</u> |
| Supplemental support (<i>chin resting on bar prior to leg lift</i>) | <u>0.30</u> |

Cast (0.40)

| | |
|--|-------|
| Incorrect body alignment (<i>failure to show straight line from shoulders to feet with chest hollow</i>) | ^0.20 |
| Lack of control in returning to the bar | ^0.10 |

Back Hip Circle (0.40)

| | |
|--|-------|
| Failure to maintain neutral head position | ^0.10 |
| Failure to maintain straight-hollow body throughout | ^0.20 |
| Failure to maintain hip or upper thigh contact on bar throughout | ^0.20 |
| Lack of continuity of circle | ^0.10 |

Cast Straddle-On

| | |
|--------------------------------|-------------|
| Alternate foot placement | <u>0.20</u> |
| Lack of control in straddle-on | ^0.20 |
| Placing feet inside of hands | <u>0.20</u> |

Sole Circle Dismount (0.60)

| | |
|---|-------|
| Failure to maintain neutral head position | ^0.10 |
| Insufficient amplitude of flight | ^0.20 |
| Insufficient distance | ^0.10 |
| Insufficient extension of body in flight | ^0.20 |

OR Underswing Dismount (0.60)

| | |
|---|-------------|
| Failure to maintain neutral head position | ^0.10 |
| Failure to maintain straight-hollow body throughout | ^0.20 |
| Hips contacting bar (<i>no deduction for thighs touching bar</i>) | <u>0.20</u> |
| Insufficient amplitude of flight | ^0.20 |
| Insufficient distance | ^0.10 |
| Insufficient extension of body in flight | ^0.20 |

Level 2 Bars - Specific Deductions

B.Eberhardt
6/18/2021

Glide Swing & Return (0.20)

| | |
|--|-------------|
| Bending legs on backswing prior to contacting floor | ^0.30 |
| Failure to close legs at end of straddle glide swing | <u>0.10</u> |
| Failure to lead with the feet in the forward glide swing (<i>performs a long hang swing</i>) | ^0.10 |
| Failure to take off from both feet simultaneously | <u>0.10</u> |
| Insufficient extension at end of glide swing | ^0.20 |
| Performs run-out glide | <u>0.30</u> |

Mount: Back Hip Pullover (0.40)

| | |
|--|----------------|
| Failure to finish in extended front support | ^0.10 |
| Failure to lift both legs simultaneously (<i>1-foot take off</i>) | <u>0.30</u> |
| Failure to maintain hand contact on bar between glide swing & pullover | <u>0.10</u> |
| Step, hop, or extra jump before the back hip pullover | ea <u>0.10</u> |
| Supplemental support (<i>chin resting on bar prior to leg lift</i>) | <u>0.30</u> |

Cast (0.40) Cast (0.40)

| | |
|--|------------|
| Incorrect body alignment (<i>failure to show straight line from shoulders to feet with chest hollow</i>) | each ^0.20 |
| Lack of control in returning to the bar | each ^0.10 |

Back Hip Circle (0.40)

| | |
|--|-------|
| Failure to maintain neutral head position | ^0.10 |
| Failure to maintain straight-hollow body throughout | ^0.20 |
| Failure to maintain hip or upper thigh contact on bar throughout | ^0.20 |
| Lack of continuity of circle | ^0.10 |

Underswing Dismount (0.60)

| | |
|---|-------------|
| Failure to maintain neutral head position | ^0.10 |
| Failure to maintain straight-hollow body throughout | ^0.20 |
| Hips contacting bar (<i>no deduction for thighs touching bar</i>) | <u>0.20</u> |
| Insufficient amplitude of flight | ^0.20 |
| Insufficient distance | ^0.10 |
| Insufficient extension of body in flight | ^0.20 |

Level 3 Bars - Specific Deductions

B.Eberhardt
7/5/2021

Glide Swing & Return (0.20)

| | |
|--|-------|
| Bending legs on backswing prior to contacting floor | ^0.30 |
| Failure to begin exercise standing outside of the bars, facing the low bar | 0.50 |
| Failure to close legs at end of straddle glide swing | 0.10 |
| Failure to lead with the feet in the forward glide swing (<i>performs a long hang swing</i>) | ^0.10 |
| Failure to take off from both feet simultaneously | 0.10 |
| Insufficient extension at end of glide swing | ^0.20 |
| Performs run-out glide | 0.30 |

Back Hip Pullover Mount (0.40)

| | |
|--|---------|
| Failure to finish in extended front support | ^0.10 |
| Failure to lift both legs simultaneously (<i>1-foot take off</i>) | 0.30 |
| Failure to maintain hand contact on bar between the glide swing & pullover | 0.10 |
| Step, hop, or extra jump before the back hip pullover | ea 0.10 |
| Supplemental support (<i>chin resting on bar prior to leg lift</i>) | 0.30 |

OR Straddle or Pike Glide Kip Mount (0.60)

| | |
|--|-------|
| Failure to begin exercise standing outside of the bars, facing the low bar | 0.50 |
| Failure to close legs at end of straddle glide swing | 0.10 |
| Failure to lead with the feet in the forward glide swing (<i>does long hang swing</i>) | ^0.10 |
| Failure to take off from both feet simultaneously | 0.10 |
| Insufficient extension at end of glide swing | ^0.20 |
| Performs run-out glide | 0.30 |

Cast (0.20)

| | |
|---|-------|
| Incorrect body alignment (<i>failure to show straight line shoulders to feet w/ chest hollow</i>) | ^0.20 |
| Lack of control in returning to the bar | ^0.10 |

Back Hip Circle (0.40) Back Hip Circle (0.40)

| | |
|--|------------|
| Failure to maintain hip or upper thigh contact on bar throughout | Each ^0.20 |
| Failure to maintain neutral head position | Each ^0.10 |
| Failure to maintain straight-hollow body throughout | Each ^0.20 |
| Lack of continuity between circles | ^0.20 |
| Lack of continuity of circle | Each ^0.10 |

Front Hip Circle, Small Cast, Return to Front Support (0.40)

| | |
|---|-------------|
| Failure to execute a small cast immediately after front hip circle | <u>0.20</u> |
| Failure to show straight-hollow body position into front hip circle | ^0.20 |
| Failure to return to front support (<i>performs immediate squat on</i>) | <u>0.50</u> |
| Lack of control in returning to the bar | ^0.10 |

Cast, Squat-On, Stretch Jump Dismount (0.60)

| | |
|--|-------------|
| Alternate foot placement | <u>0.20</u> |
| Failure to show straight-hollow body position in flight | ^0.10 |
| Insufficient backward swing of legs into cast (<i>hip lift only</i>) | <u>0.05</u> |
| Touches high bar | <u>0.50</u> |

Level 1 Beam - Specific Deductions

B.Eberhardt
7/5/2021

Jump to Front Support Mount (0.20) (can be reversed)

| | |
|--|-------|
| Failure to extend body in front support | ^0.10 |
| Lack of continuity on 1/4 (90°) turn to straddle sit | ^0.10 |

Needle Leg Kick (0.40) (can be reversed)

| | |
|---|-------|
| Failure to kick a minimum of horizontal | ^0.10 |
| Lack of continuity from sit to stand | ^0.10 |

Relevé Balance "Lock" Stand (0.20)

| | |
|---------------------------------|-------|
| Failure to hold for two seconds | ^0.20 |
|---------------------------------|-------|

Forward Passé Balance (0.20)

| | |
|---|-------------|
| Leg in incorrect position (<i>not in forward passé</i>) | <u>0.10</u> |
|---|-------------|

Stretch Jump (0.40)

| | |
|---|-------------|
| Failure to land on both feet simultaneously | <u>0.10</u> |
| Failure to land with feet closed | ^0.10 |

Arabesque (30°) (0.40)

| | |
|--|-------------|
| Failure to lift free leg a minimum of 30° above the beam | ^0.20 |
| Failure to mark the position | <u>0.05</u> |

Forward Leg Swings (0.20 each)

| | |
|------------------------------|--|
| General faults and penalties | |
|------------------------------|--|

Cartwheel to 3/4 Handstand Dismount (0.60) (can be reversed)

| | |
|---|-------------|
| Incorrect (<i>simultaneous</i>) hand placement | <u>0.10</u> |
| Failure to maintain hand contact on beam upon landing | <u>0.10</u> |

Level 2 Beam - Specific Deductions

B.Eberhardt
7/5/2021

| | |
|--|-------------|
| Jump to Front Support Mount (0.20) (can be reversed) | |
| Failure to extend body in front support | ^0.10 |
| Lack of continuity on 1/4 (90°) turn to straddle sit | ^0.10 |
| Single Leg Leg Kick Up to Stand (0.40) (can be reversed) | |
| Failure to have either foot leave the beam | <u>0.20</u> |
| Lack of continuity from sit to stand | ^0.10 |
| Forward Passé Balance (0.20) | |
| Leg in incorrect position (<i>not in forward passé</i>) | <u>0.10</u> |
| Stretch Jump (0.40) | |
| Failure to land on both feet simultaneously | 0.10 |
| Failure to land with feet closed | ^0.10 |
| Arabesque (30°) (0.40) | |
| Failure to lift free leg a minimum of 30° above the beam | ^0.20 |
| Failure to hold one (1) second | ^0.10 |
| Forward Leg Swing, Backward Leg Swing (0.20 each) | |
| Failure to swing the back leg a minimum of 45° above the beam | ^0.10 |
| Lack of continuity during the sequence | ^0.10 |
| 1/2 (180°) Pivot Turn (0.20) | |
| Lack of sharpness | ^0.10 |
| Cartwheel to Side Handstand Dismount (0.60) (can be reversed) | |
| Incorrect (<i>simultaneous</i>) hand placement | <u>0.10</u> |
| Failure to attain vertical | ^0.30 |
| Failure to maintain hand contact on beam upon landing | <u>0.10</u> |

Level 3 Beam - Specific Deductions

B.Eberhardt
7/5/2021

Mount: Front Support Fish Pose Mount (0.20)

| | |
|---|-------------|
| Failure to extend body in front support | ^0.10 |
| Lack continuity from the mount to stand | ^0.10 |
| Performing a knee scale | <u>0.30</u> |

Cross Handstand (0.60) (can be reversed)

| | |
|---|-------------|
| Failure to attain vertical | ^0.30 |
| Failure to close (<i>join</i>) legs (<i>side by side</i>) | <u>0.10</u> |
| Incorrect (<i>staggered</i>) hand placement | <u>0.10</u> |

1/2 (180°) Turn in Forward Passé (Heel-snap turn) (0.40)

| | |
|--|-------------|
| Failure to lower heel at completion of turn | <u>0.05</u> |
| Failure to use the heel-snap technique | <u>0.30</u> |
| Leg in incorrect position (<i>not</i> in forward passé) | <u>0.10</u> |

Stretch Jump - Stretch Jump (each 0.40)

| | |
|---|-----------------|
| Failure to land on both feet simultaneously | each <u>0.1</u> |
| Failure to land with feet closed | each ^0.10 |
| Connection broken between Stretch Jumps (<i>See General Faults & penalties for explanation of this deduction</i>) | <u>0.05</u> |
| Insufficient continuity between Stretch Jumps | No Ded |

Arabesque (45°) (0.40)

| | |
|--|-------|
| Failure to hold one (1) second | ^0.10 |
| Failure to lift free leg a minimum of 45° above the beam | ^0.20 |

Straight Leg Leap (90°) (0.60)

| | |
|---|-------------|
| Bending lead (<i>front</i>) leg on take-off | ^0.10 |
| Failure to pause in low arabesque position on landing | <u>0.05</u> |
| Uneven leg separation | ^0.20 |

Two 1/2 (180°) Pivot Turn (each 0.20)

| | |
|-------------------|------------|
| Lack of sharpness | each ^0.10 |
|-------------------|------------|

| Dismount: Cartwheel to side Handstand 1/4 (90°) turn (0.60) (can be reversed) | |
|---|-------------|
| Incorrect (<i>simultaneous</i>) hand placement | <u>0.10</u> |
| Failure to attain vertical | ^0.30 |
| Failure to perform the 1/4 (90°) turn | <u>0.20</u> |
| 1/4 (90°) turn incomplete or overturned | ^0.10 |
| Failure to maintain hand contact until the body passes by the horizontal plane of the beam | ^0.10 |
| Failure to complete dismount: | ^0.60 |
| <ul style="list-style-type: none"> * These deductions do <u>not</u> include possible body position faults * When the gymnast attempts but fails to complete the dismount, apply the specific deductions as listed for those phases <u>not</u> performed. | |
| Example: Attempts dismount, does <u>not</u> attain vertical, falls and does <u>not</u> repeat: ^0.30 Fail to attain vertical + <u>0.20</u> Fail to perform turn = 0.50 Incomplete Element 0.50 Incomplete element + <u>0.50</u> Fall = <u>1.00</u> Total Deduction | |

Level 1 Floor - Specific Deductions

B.Eberhardt
7/5/2021

Cartwheel (0.60) (can be reversed)

| | |
|---|-------------|
| Failure to keep head in alignment | ^0.10 |
| Failure to pass through vertical | ^0.30 |
| Incorrect (simultaneous) hand placement | <u>0.10</u> |

Backward Roll Tucked (0.60)

| | |
|--|-------------|
| Failure to maintain tuck position as the buttocks touch floor | ^0.20 |
| Hands placed on floor during squat phase prior to rolling backward | <u>0.30</u> |

Candlestick (0.20)

| | |
|---|-------------|
| Failure to maintain tuck position as the buttocks touch floor | ^0.20 |
| Pushing off the floor with hands to arrive in tuck stand | <u>0.30</u> |

Forward Passé Balance (0.40)

| | |
|---|-------------|
| Leg in incorrect position (<i>not in forward passé</i>) | <u>0.10</u> |
|---|-------------|

Forward Chassé (0.20)

| | |
|---|------------------|
| Failure to close the legs in the air | ^0.10 |
| Failure to pass through plié in and out of forward chassé | each <u>0.05</u> |

Stretch Jump (0.40)

| | |
|---|-------------|
| Failure to keep legs joined in air throughout the element | <u>0.10</u> |
| Failure to land on both feet simultaneously | <u>0.10</u> |
| Failure to land with feet closed | ^0.10 |

Forward Roll Tucked (0.40)

| | |
|--|-------------|
| Failure to maintain tuck position during forward roll | ^0.20 |
| Pushing off the floor with hands to arrive in tuck stand | <u>0.30</u> |

3/4 Handstand (0.40) (can be reversed)

See General Faults & Penalties

Level 2 Floor - Specific Deductions

B.Eberhardt
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Cartwheel (0.60) (can be reversed)

| | |
|--|-------------|
| Failure to keep head in alignment | ^0.10 |
| Failure to pass through vertical | ^0.30 |
| Incorrect (<i>simultaneous</i>) hand placement | <u>0.10</u> |

Backward Roll to Push-Up Position (0.60)

| | |
|--|-------------|
| Failure to show push-up position | 0.20 |
| Hands placed further than shoulder-width apart | <u>0.10</u> |
| Hands placed on floor during squat phase prior to rolling backward | <u>0.30</u> |
| Interlocking fingers | <u>0.10</u> |
| Performs a backward roll to handstand (<i>change of element</i>) | <u>0.60</u> |

1/2 (180°) Turn in Forward Passé (0.40) (heel-snap turn) (can be reversed)

| | |
|---|-------------|
| Failure to lower heel at completion of turn | 0.05 |
| Failure to use the heel-snap turn technique | <u>0.30</u> |
| Leg in incorrect position (<i>not in forward passé</i>) | <u>0.10</u> |

Forward Chassé (0.20)

| | |
|---|------------------|
| Failure to close the legs in the air | ^0.10 |
| Failure to pass through plié in and out of forward chassé | each <u>0.05</u> |

Straight Leg Leap (60°) (0.60)

| | |
|---|-------|
| Bending the lead (<i>front leg</i>) on take-off | ^0.10 |
| Uneven leg separation | ^0.20 |

Split Jump (60°) (0.40)

| | |
|---|-------------|
| Failure to land on both feet simultaneously | <u>0.10</u> |
| Failure to land with feet closed | ^0.10 |
| Uneven leg separation | ^0.20 |

Handstand (0.40) (can be reversed)

| | |
|--|-------------|
| Failure to attain vertical | ^0.30 |
| Failure to close legs at vertical | <u>0.10</u> |
| Failure to hold handstand for one (1) second | ^0.10 |

Candlestick (0.20)

| | |
|---|-------|
| Failure to maintain tuck position as the buttocks touch floor | ^0.20 |
|---|-------|

Bridge, Back Kick-Over (0.60) (can be reversed)

| | |
|--|------------------|
| Extra kicks to establish inverted vertical position on kick-over | each <u>0.30</u> |
| Shoulders not over hands in bridge position | ^0.20 |

Level 3 Floor - Specific Deductions

B.Eberhardt

7/5/2021

Handstand Forward Roll (0.60) (can be reversed)

| | |
|--|-------|
| Failure to attain vertical | ^0.30 |
| Failure to close (<i>join</i>) legs at vertical | 0.10 |
| Failure to hold handstand for one (1) second | ^0.10 |
| Pushing off the floor with hands to arrive in tuck stand | 0.30 |

Straight Leg Leap (90°) (0.60)

| | |
|---|-------|
| Bending the lead (<i>front leg</i>) on take-off | ^0.10 |
| Uneven leg separation | ^0.20 |

Stretch Jump (0.20)

| | |
|---|--------|
| Failure to keep legs joined in air throughout the element | 0.10 |
| Failure to land on both feet simultaneously | 0.10 |
| Failure to land with feet closed | ^0.10 |
| Connection broken between Stretch Jump and Split Jumo (<i>See General Faults & penalties for explanation of this deduction</i>) | 0.05 |
| Insufficient continuity between Stretch Jump and Split Jump | No Ded |

Split Jump (90°) (0.40)

| | |
|---|-------|
| Failure to land on both feet simultaneously | 0.10 |
| Failure to land with feet closed | ^0.10 |
| Uneven leg separation | ^0.20 |

Handstand to Bridge, Back Kick-Over (0.60) (can be reversed)

| | |
|---|-----------|
| Extra kicks to establish inverted vertical position on kick-over | each 0.30 |
| Failure to close (<i>join</i>) legs at vertical | 0.10 |
| Failure to land on feet simultaneously in bridge (<i>no deduction for feet apart or legs bent on landing</i>) | 0.10 |
| Failure to push shoulders behind hands in bridging phase | ^0.20 |
| Performs a tic-toe (<i>legs remain separated throughout the entire skill</i>) | 0.30 |

Forward Split (0.20)

| | |
|--|-------|
| Failure to achieve 180° split position (<i>legs flat on floor</i>) | ^0.20 |
|--|-------|

1/2 (180°) Turn in Forward Passé (0.40) (can be reversed)

| | |
|---|------|
| Leg in incorrect position (<i>not in forward passé</i>) | 0.10 |
| Use of heel-snap turn technique | 0.30 |

| <i>Backward Roll Open to 45° Above Horizontal, Lower to Push Up Position (0.40)</i> | |
|--|------------|
| Failure to attain 45° above horizontal | ^0.20 |
| Failure to show push-up position | 0.20 |
| Hands placed further than shoulder-width apart | 0.10 |
| Hands placed on floor during squat phase prior to rolling backward | 0.30 |
| Interlocking fingers | 0.10 |
| Performs a backward roll to handstand (<i>change of element</i>) | 0.40 |
| <i>Round-Off (0.40) (can be reversed)</i> | |
| Failure to land on both feet simultaneously | 0.10 |
| Failure to pass through vertical | ^0.30 |
| <i>Flic Flacs to Two Feet (each 0.60)</i> | |
| Failure to land on both feet simultaneously - (<i>step-out instead of 2 feet</i>) | each 0.10 |
| Failure to rebound immediately | 0.10 |
| Lack of acceleration in the series - <i>Not applied if a 0.30 deduction is taken for a stop between elements</i> | ^0.20 |
| Squat into flic-flac | each ^0.30 |